smeared with a paste of Saptachchhada, Abhaya, Nisha, and Chandanam, or he should be made to wear Vacha, Rudraksha, lotus seedf, Shankha, or iron on his person. Magical practices and offerings etc., for the good health and well being of a child, should be done by reciting the Mantra, Om, Kam, Tarn, Pam, Sham, obeisance to Vainateya. Om, Haum, Ham, Hah. Om, Hrim, 0 ye malignant planets (disease-spirit), that afflict a child, graciously accept these offerings and renounce your hold upon the child. Shirisha-roots taken with the washings of rice tend to neutralise the effects of an imbibed poison; while white VarshAbhu taken, through the same medium proves curative in cases of snake-bite, A compound of Tanduliyam, chamber-soot, Nisha, and rock salt, pasted together with milk curd and taken with honey, acts as a good anti-toxic remedy. The expressed juice of Ankota-roots mixed with clarified butter acquires a good anti-toxic virtue. A medicine, which arrests disease and decay, is called a Rasiyanam. Persons desiring to use a Ras4yanam should take Abhayl (Myrobalans) with rock salt, sugar, Shunthi, Rlsna, honey and treacle respectively during the rains, autumn, winter, spring and summer. A single AbhayS. taken after the completion of digestion, two Vibhitakis taken immediately before eating, and four Dhatris taken with honey and clarified butter immediately after eating enable their users to live up to a hundredth year. Ashvagandha taken

with milk and clarified butter conquers a host of Bodily ailments. By taking the expressed juice of Mandukapadi, Vidari, Amrita, as well as sesame^ Dhatri and Bhringaraja, one is able to live up to a hundredth year. A compound of Trikatu, Triphala, Vanhi, GuducKi, Shatavari, Vidanga, and iron-powders (oxide of iron) taken with honey serves to kill a host of diseases. A compound of Triphala, Kan£, Shunthi, Guduchi, and Shatavari, treated' in the manner of a Bhivana" with the expressed juice of Bhringaraja etc., acts as a general prophylaxis against disease. By daily